

# A's 2009 Santa Barbara Junior Lifeguards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>June 29</b> Introductions Safe Entries Swimming Evaluation	<b>June 30</b> Running Beach Tour Tower Operations Uniforms Distributed	<b>July 1</b> Training Day 10'6" Paddleboards	<b>July 2</b> All Order Forms Due	<b>July 3</b> NO JUNIOR GUARDS! Happy 4 <sup>th</sup> of July
<b>July 6</b> Red White and Blue Day	<b>July 7</b> Picture Day! Mock Rescues	<b>July 8</b> Boat Trip #1  Long Run and Short Swim	<b>July 9</b> Super Workout	<b>July 10</b> Time Trials
<b>July 13</b> Sew Buoy's	<b>July 14</b> Competition Training	<b>July 15</b> Boat Trip #2 Paddle Day	<b>July 16</b> Swim Relay	<b>July 17</b> Carpinteria Competition 8am – 3 pm (Refer to website)
<b>July 20</b> Evaluation # 1 Time Trials	<b>July 21</b> A & C Bonding Day	<b>July 22</b> Movie Night #1 Training for Competitions	<b>July 23</b> Relay Day	<b>July 24</b> Regionals (Seal Beach) (refer to website)
<b>July 27</b> A's Jalama Surf Day (refer to website) 8:00 depart East Beach 6:30 arrive back	<b>July 28</b> Code X Circuit Training	<b>July 29</b> Relays and Mock Rescues	<b>July 30</b> Soft Sand Day	<b>July 31</b> Fiesta Competition At East Beach 8am – 3pm (refer to website)
<b>August 3</b> Training Day  Evaluation #2	<b>August 4</b> Stud Ironman Kick Back Day	<b>August 5</b> Movie Night #2 Game Day	<b>August 6</b> Fun Training Day	<b>August 7</b> Ventura Competition 8am – 3pm (refer to website)
<b>August 10</b> Rincon Surf Day (9am-2pm) Drivers needed	<b>August 11</b> Pier Run Challenge	<b>August 12</b> Thank You Day	<b>August 13</b> Pier Swim Challenge	<b>August 14</b> Last Day of J.G.'s Banquet at Chase Palm Park 5 – 7pm